

## ABSTRACT

When an LPP (land pre-pit) is formed between shallow grooves or shallow pits, the LPP is formed on a land existing  
5 between the shallow grooves or the shallow pits. Further, the LPP is formed in a position displaced from a centerline of the land in the radial direction by a predetermined amount. Furthermore, a laser beam power utilized for forming a shallow groove or a shallow pit adjacent to the LPP is reduced so as to be lower than a  
10 regular laser beam power.

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